

## *For Your Health*

### **Pneumonia Vaccines - December 6th, 10 -11 AM**

The Board of Health is holding a clinic to provide free Pneumococcal vaccination to Bedford residents. The clinic will be held at the Town Center Building (yellow building behind Town Hall), 12 Mudge Way, Flint Room, 2nd Floor. **Please call the Bedford Board of Health at 781-275-6507 for an appointment.**

The risk of getting Pneumococcal disease is significantly higher for adults 65 years of age and older. Younger people who have long term health problems, diseases leading to a weakened immune system, or who are taking drugs or treatments that lower the body's resistance to infection are also at risk. In addition, any adult who is a smoker or has asthma is recommended to receive the vaccine.

Only one dose of Pneumococcal vaccine is needed when you receive the first dose after 65 years of age. If you received your first dose of Pneumococcal vaccine before the age of 65, a second dose is recommended and should be given 5 years after the first dose. Please consult with your doctor to determine if Pneumococcal vaccination is appropriate for you. Please bring all of your insurance cards and wear clothing that allows for easy access to your arm for vaccine administration.

### **Safe At Home**

As seniors age in their homes, the homes age as well. Many frail seniors become high risk for falls, fires, injuries and other medical crises due to their unsafe homes. Today in Bedford many seniors are living alone in homes built in the 1950s or 60s with faulty wiring, rickety railings, few if any security provisions, poor lighting, and no smoke alarms. For the last 10 years, the Bedford Council on Aging has worked together with a collaborative team from the Fire and Police Departments, and the Bedford Board of Health, to assess home safety of seniors, evaluate the safety issues, and make recommendations for changes to enhance safety. With the help of generous funding from the Carleton-Willard Village Residents' Association, the Safe at Home Project continues the important task of helping seniors remain safe and secure in their own homes. If you or someone you know could benefit from a home evaluation, please call (781) 275-6825.

### **Tap Dancing Classes**

Are you looking for a fun way to get some exercise without going to a gym? Or maybe you simply love to dance. Our talented tap dancing instructor, Chuck Frates has been featured in "Bedford Has Talent" as well as the Wall Street Journal. His popular class is held on Tuesdays from 11-12. The cost is only \$55 for 10 weeks! No previous tap dancing experience is required, only the desire to have fun (and a pair of tap shoes of course!) Visit the COA or call (781) 275-6825 for more information.

### **Dr. Alan Marks to Speak on Rheumatoid Arthritis**

Dr. Marks will be sharing his expertise on Rheumatoid Arthritis and Osteoarthritis on Wednesday December 4 at 9:00 AM. He has been in private practice in Concord since 1978 with active privileges at Emerson. A light breakfast will be sponsored by AbbVie. Pre-Registration is required by calling the COA at (781) 275-6825.



### **Health Services**

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for **Friday December 27** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

**Ask a Nurse:** Our new Community Health Nurse, Joyce Cheng will be at the COA on **Friday December 13 at 1:00 PM** and **Monday December 23 at 1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

**SHINE Health Benefits Help!** If you have questions about health benefits, our SHINE counselors from Minuteman Senior Services will be available **Tuesday December 10 and 24** beginning at 10:00 AM and **Wednesdays December 4 and 18** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

**Free Hearing Clinics:** Brian Knight from Rogers Hearing Solutions will be here on **Tuesday December 10** from 10:30-12. Joe Sarofeen of Apex Hearing will be here on **Thursday December 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

# What You Need To Know

~ *Nom de Plume* ~

You're invited to join the Council on Aging's writing group. January begins a new year. Time to start something new, try out things you have never done, or pick up again what you once loved doing. We are a warm, friendly group which meets twice a month, every first and third Tuesdays from 1 – 3 pm. We design our own program, writing from prompts during meetings, short home assignments, and self-selected projects such as poetry, essays, or even novels. The group is fun, free-flowing and non-judgmental with lots of laughter, yet touching on important topics of the day. Everyone is welcome to come and try it out, then join us whenever time allows.

## Help Area Elders with the "Giving Hands" Program

Thank you to those who have contributed to the "Giving Hands" program to assist elders in need in our community. We will continue collecting gift cards throughout the winter (those for supermarkets or pharmacies are the most helpful).

## Could You Use Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$32,065 for a one-person household to \$41,932 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held strictly confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

## DON'T WAIT UNTIL IT'S TOO LATE!

### Medicare Open Enrollment Ends December 7

The SHINE program provides free Medicare counseling. To make an appointment, please call the Council on Aging at (781) 275-6825.

## Library Book Discussion Tuesday December 3 at 1:00 PM

Library Director, Richard Callaghan will be leading a discussion on *Caveat Emptor: the secret life of an American art forger* by Ken Perenyi. "Glamorous stories of art-world scandal have always captured the public imagination. However, not since Clifford Irving's 1969 bestselling *Fake* has there been a story at all like this one. *Caveat Emptor* is unique in that it is the first and only book by and about America's first and only great art forger. And unlike other forgers, Perenyi produced no paper trail, no fake provenance whatsoever; he let the paintings speak for themselves. And that they did, routinely mesmerizing the experts in mere seconds."

## COA ON THE AIR

Looking for something new and interesting to watch? *COA on the Air* is a cable TV program dedicated to the issues and interests of seniors in the Town of Bedford. The production staff is comprised of senior volunteers assisted by COA staff. The two co-hosts, both seniors themselves, strive to highlight opportunities offered through the Bedford Senior Center for socialization and recreation for seniors. Featured guests range from local townspeople to physicians to educators who discuss topics relevant to the senior population.

Tune in to *COA on the Air* each Friday at 7:30 PM and Sundays at 3:30 PM. The show can be found on channel 38 for Verizon customers and channel 8 for Comcast customers.

## The Computer Corner

**Computer Club** A round table discussion will be held on **Wednesday December 4** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

**Computer Drop-In** All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

**Get Answers by Email!** Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.